



4 - Thanks, CFAS



8- Youth B-Ball

### Brief Notes

Paving in February and March will be performed on the **Hirase area of Main Base and will affect the parking areas and roads by Bldg. 80, the Harbor View Club, Shogun Cafe, the Navy Lodge and the Wisconsin Loop.**

The loop passes in front of Bachelor Enlisted Housing (BEH) Bldg. 1604 and PW63. This area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Contact ROICC at 252-3469 for more information regarding paving work.

### Command Connections

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio.

### USO Note

#### Oriental Deco and Michelle Jewelry Sale

Kiku Tower Hario  
Friday Feb. 11 from 3 p.m.-7 p.m.  
Saturday Feb. 12 from 10 a.m.-7 p.m.  
Sunday Feb. 13 from 10 a.m.- 4 p.m.

USO is sponsoring a **quilt project** to benefit the Women's History Month banquet. Please contact Elizabeth Baker at 252-3592 or DJ Stanhope at 090-3012-5867 for more details.

**Sasebo Stitching Group** meets second and fourth Fridays 6:30-8:30 p.m. at the Nimitz Park USO. Bring a project and join us, or help us produce a quilt for Women's History Month. Call DJ at 090-3012-5867 or Elizabeth at 252-3592 for details.

#### Sasebo Scrapbook Group

Meets the first Monday of the month from 10 a.m. - 2 p.m. and 5:30 p.m. - 9:30 p.m. Learn how to make your memories into a work of art! Supplies available for purchase or bring your own. Call DJ at 090-3012-5867 for location and details.

Still accepting applications for **Food Service Worker**. Stop by either USO location.

### Weather

**Sunday:** Mostly Cloudy  
H 46° L 42°

**Monday:** Cloudy w/rain  
H 50° L 46°

### DUI Counter:

56 days as of Feb. 12

## Harbor View hosts CFAS Super Bowl party



Sailors, Marines, civilians and dependants from Fleet Activities Sasebo (CFAS), and ships from Commander U.S. 7th Fleet enjoy a breakfast buffet at the Harbor View Club, here during Super Bowl XXXIX. The doors opened early for all who gathered, as the game started at 8:30 a.m. local time. (U.S. Navy photo by PH1(SW) Paul J. Phelps) See full story on Pg. 8

## Juneau Sailor receives DoD recognition award

### ENS Jesus Rodriguez

USS Juneau Public Affairs

February marks the beginning of African-American History Month, an annual celebration that has existed for nearly 80 years. This month is set aside to educate people on African-American history and culture as well as to recognize those who have had a positive impact on others.

One of those being recognized this year is Cmdr. Todd A. Lewis, USS Juneau (LPD 10)

executive officer and recipient of the prestigious Department of Defense (DoD) African-American History Award for his exceptional performance and

dedication to service and country that has set him apart from his peers.

Capt. Ronald Horton, Juneau commanding officer, said he couldn't think of a finer member of the African-American community than Lewis, a man who's efforts and contributions to the Global War on Terrorism are described as substantial and long lasting.

"[Cmdr. Lewis] has proudly served his nation with brilliance and distinction," said Horton. "He has keenly led a forward-deployed warship through an arduous operational schedule in support of Operations Iraqi and Enduring Freedom."

"It is indeed an honor and a privilege to have been selected out of so many fine Americans serving in our Navy," said Lewis. "I was personally selected for this award, but it's really about each and every Sailor on the ship doing his part in the

War on Terror and not about individuals. I couldn't do my job if it were not for the hard work and dedication

of the stellar crew here on USS Juneau."

"Not many Americans have the privilege of seeing what goes on behind the scenes of keeping a warship fully operational out here on the 'tip of the spear,'" Lewis continued. "The countless hours that go into maintenance, training and operating at peak performance day in and day out is mind-boggling, and



USS Juneau's executive officer (pictured above) received the prestigious DoD African-American History Award for his exceptional performance and dedication to service and country that has set him apart from his peers. (Released by CFAS Public Affairs).

Please see **Juneau Sailor...**Pg. 2



**Juneau Sailor...***from Pg. 2*

takes extremely loyal and dedicated individuals to make it happen routinely. I have the privilege of getting up every morning and serving with the finest citizens America has to offer.” Lewis said he owes a lot to the United

States for the freedoms and privileges he enjoys as an American citizen and that wearing the Navy uniform and defending his nation is an honor to repay those debts. “Many families have made the ultimate sacrifice by giving their sons and daughters to America’s cause in fighting

this war,” Lewis said. “I’m simply doing my part as an American citizen and serving my country in any way that I possibly can, the least I can do is to give my country 100 percent of myself every day, especially in time of war. I feel like I should be paying my country for affording me this opportunity to serve honorably

and proudly with America’s finest citizens.” Juneau is part of Task Force 50, currently operating in the Arabian Gulf with other multinational forces in support of the sovereign government of Iraq, and part of the Essex Amphibious Ready Group forward deployed to Sasebo.

# Ensure a healthy smile for your child

*A message from the American Dental Association and Naval Branch Health Clinic Sasebo*

February is National Children’s Dental Health Month and the American Dental Association and the staff at Naval Branch Health Clinic (NBHC) Sasebo would like to take this time to inform parents of the importance of their child’s baby teeth. As part of our education and awareness efforts, staff from NBHC will be visiting each of the schools between Feb. 15-17. Children need strong healthy teeth to chew their food, speak, and have a good-looking smile. Baby teeth also keep a space in the jaw for the adult teeth. If a baby tooth is lost too early, the teeth beside it may drift into the empty space.

When it is time for the adult teeth to come in, there may not be enough room. This can make the teeth crooked or crowded. Sometimes parents do not realize that baby teeth can decay soon after they appear in the mouth. By the time the decay is noticed, it may be too late to save the teeth. Decay in infants and children is called baby bottle tooth decay. It can occur on all of the teeth, but is most commonly seen on the upper front teeth.

Baby bottle tooth decay occurs when a child is exposed to sugary liquids such as milk, breast milk, formula, soda, and fruit juices. These liquids remain in contact with the teeth for long periods of time. Bacteria in the mouth use the sugar as food. The bacteria then produce acids that attack the teeth. The ADA and staff at NBHC Sasebo suggest the following steps to minimize the chance of decay:

- Take your child to see the dentist regularly, scheduling a visit to the dentist within six months of the eruption of the first tooth, and no later than the child’s first birthday.
- Encourage children to drink from a cup by their first birthday.

- Start brushing the child’s teeth with water as soon as the first tooth appears.
- Start flossing when two of the child’s teeth begin to touch.

**As a parent, if you demonstrate the importance of oral hygiene and oral health in your mouth as well, it will have a tremendous effect on your children.**

- Brush and floss your child’s teeth daily until the child can be taught to do this alone.
- Make certain your child gets the right amount of fluoride needed for decay-resistant teeth. Since Sasebo has no fluoride in the water supply, it is highly recommended that all children receive fluoride supplementation while living in Sasebo. Ask the Dental Staff at NBHC about this.

- Ask your dentist about dental sealants, a thin protective barrier that shields the chewing surface of back teeth against tooth decay.

Habits are formed at an early age. As a parent, if you demonstrate the importance of oral hygiene and oral health in your mouth as well, it will have a tremendous effect on your children. For more information, visit the ADA web site at <www.ada.org>, or contact us at 252-3747.

## Safety Corner: Passing, and being passed

**Charles Carr**  
*CFAS Safety Department*

One of the most common causes of deadly head-on collisions is improper passing. Before undertaking a pass, ask yourself, “is this pass really necessary? Is it safe?” The majority of passes don’t save enough time to be worth the risk. If you must pass another vehicle, follow these safety tips.

**Before passing**

When getting ready to pass another car, maintain a safe following distance. Intending to pass is no excuse for tailgating. The other car could still stop at any time. And the closer you are to the vehicle you want to pass, the harder it is to see what’s in front of it. Before passing, signal right. Scan the road ahead and behind continually. Check your blind spot, those areas right behind or on either side of you that you can’t see in your mirrors, by turning your head and looking over your shoulders. Make sure nobody is trying to pass you. If there is any doubt about oncoming traffic, wait.

**Moving into the right lane**

On a two-lane road, moving into the oncoming traffic lane is the most dangerous part of passing. In 65 mile per hour traffic, you and oncoming vehicles are approaching each other at an effective speed of 130 miles per hour. It takes a full mile to complete a pass at this speed. After moving right, increase your speed to pass, giving the vehicle plenty of room. You should not pass if you have to exceed the legal speed limit to do so. Signal left to begin moving into the left lane in front of the passed car.

**Completing the pass**

It’s safe to return to your driving lane when you can see the pavement in front of the vehicle you’ve passed in the rearview mirror. Move to the left and turn off your turn signal. But first, check your blind spot by turning your head. This is important in a multilane road where another car may be moving into the lane from the right, or in a situation where the car being passed is nearly stopped, and another car may be coming onto the road in front of it.

**When not to pass**

Remember that it is illegal to pass a stopped school bus with its signals on. Other areas where it is unsafe or illegal to pass include: no passing zones, school zones, curves with passing restrictions, any road with a solid line in the middle, railroad crossings and intersections.

**Being passed**

If someone is passing you, maintain your speed or slow down if necessary to allow the vehicle to pass safely. Never speed up to prevent someone from passing you. You will be safer and more relaxed without a string of cars behind you. How many times have you passed a vehicle simply because it’s in front of you? Passing on a two-lane road is a difficult and dangerous maneuver that usually cuts only a few seconds off your trip. You’ll relax and enjoy your drive more if you decide to pass only when it’s absolutely necessary and completely safe.

**CAPT. MICHAEL L. JAMES**  
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The Fleet Activities Center



# How to handle debt and be on the road to financial success

**FLTCM (AW/SW) Jon R. Thompson**  
*Atlantic Fleet Master Chief*

The holiday season is behind us now but many of you are just now starting to see the financial ramifications. If you spent money like there was no tomorrow, I hate to tell you, but tomorrow is here. Tomorrow comes in the form of large credit card bills, bigger monthly payments on existing debt, and the potential abandonment of savings plans because you miscalculated to plan for the added bills.

I spend a sizeable amount of time advising you on financial health. One of my many professional aspirations is to improve the financial health of every Sailor in the fleet, E1 to E9. While you may think the holidays are in your rear-view mirror, keep in mind the fine print at the bottom of the mirror, "Things may appear farther away than they really are."

Here's what I urge you to ask yourself: If you didn't have enough money saved up for the holidays this year, and have dug yourself further in debt because of it, what makes you think you'll be in better financial shape 10 months from now when the next holiday season is upon us? Honestly, the odds are you'll be worse off than last year because statistics indicate most of us spend more than we make. Thus, the slippery slope to financial trouble gets steeper and steeper. Fortunately, there is potential hope...but it takes a plan and some discipline.

Let's start with a question. What is financial health? The question, while

simple, is not easily answered. It's not just a measure of how much money you have in your wallet or your savings account. Moreover, it's a measure of your entire financial world, a financial world that began as soon as you entered the workforce (which could be as early as 16 year old for some of you).

Financial institutions gauge your financial health by consulting your credit report and then assigning you a score. Your credit report is like a lifetime record of your spending and payment history. It also determines your borrowing power. When lenders review your credit report, there are four areas of focus: credit, net worth, assets, and economy. Obviously, your credit is the primary focal point. It represents your ability to keep your promise to make payments on time.

If you have not reviewed your credit report, you should. It is not just available to lenders; you have a right to review it. There are companies that offer one or all three of the major reporting companies. As your financial advisor, bank or credit union for more information

on obtaining your report.

Here are a few commonsense credit tips that might help you pare down your debt this year and put you in a better position to enjoy this year's holiday season:

Make bill payments as early as possible. Try to never make a late payment. Close any accounts that you do not use. Having too many revolving credit lines open actually hurts your credit score. Also, do not use accounts that are susceptible to identity theft, particularly by someone using an account that you don't routinely monitor.

Obtain more credit only if you spend less each month than your take home pay. Only borrow within your means. Try to pay more than just the interest on your credit accounts. Paying down the principle is the only way to get to the finish line.

The above is not an all-inclusive list. If you live payday to payday, without saving any of your money, I'm betting there are

other ways you can help yourself. First, work up a budget and then live by it. Every budget analyst suggests you pay yourself first, and then work up the rest. Unfortunately, I think many of you think that means pay your bills, and then spend all the rest. That's not the point. The goal of a budget is to illustrate your spending habits and then help you develop a plan to save, pay your bills, and still have some money to enjoy life.

Shipmates, keep in mind that in all of your formal schooling and training, most of you have never had any formal schooling on financial health. For most of us, we learn as we go, making lots of mistakes. Let me tell you, the older you get, and the more senior you become, the penalties for not paying attention to your financial health become more painful. Now is the time for you to devote time and energy to making sure you are fully in control of your financial future.

The holiday season looses its luster if you can't afford to purchase nice gifts, go on leave, or treat yourself or family to something special. Preparing for the holidays starts today, not in November. If you set a reasonable savings goal today, you just might smile a little more in the months to come. Good luck and if you have questions about your financial health, contact your chief, your command financial specialist and or the Navy Fleet and Family Support Center (FFSC). FFSC has trained professionals and the resources to help you get back on the road to financial success.



Atlantic Fleet Master Chief

# Still going strong, E.J. King teacher has lived in Sasebo for 42 years

**Lara Deguzman**  
*CFAS Public Affairs*

If you think you've lived in Sasebo for a long time, think again. E.J. King High School math teacher, Robert Kendiorszki, has been living and teaching in Sasebo for 42 years.

With no sign of retiring, this community veteran is more than your ordinary math teacher. Although his love for math will always be there, he couldn't help but share some interesting facts about E.J. King.

Born in Alpena, Michigan, Robert played football and basketball for the four years he was in Shebuygan High School. Even though he was not a big fan of English in high school, it was no surprise to him that math was his favorite subject.

Before coming to Japan, Robert was a math teacher in Detroit, MI. He read an ad in a teachers' publication for overseas teachers and applied to the organization that soon became the Department of Defense Dependents Schools (DoDDS).

"Back then, every branch of the military had a program of their own, specifically for education overseas. The DoDDS program has only been around for about 25 years," Robert said.

His daughter, Sarah Kendiorszki, was born in the old hospital on the fourth floor that is now part of E.J. King's

classrooms. She has found success in Grand Rapids, Mich., helping challenged adults and children.

"Over the past 42 years, you can only imagine how E.J. King has changed," he said. "The school used to be located downtown Sasebo, near the parking lot of Sogo Hospital, next to the Sasebo River."

According to Robert, the school's extra curricular activities and athletic programs have also changed over the years. In DoDDS early days, student athletes would practice their sport for the season, playing only local Japanese school teams, then prepare for an end-of-season tournament with other DoDDS schools.

Robert also taught Admiral Thomas Boulton Fargo, who is now the senior U.S. military commander in the Pacific and Indian Ocean areas.

When asked what Fargo was like in high school, he replied, "He was a good student, he played basketball as a point guard."

E.J. King students and staff members look up to Robert for his dedication and commitment to DoDDS.

"The students are just easier to work with because of their parents. Their parents have a real interest in education. I also like it here because there are fewer distractions; students and teachers alike can concentrate more," Robert said.

"He is so dedicated to his work," said E.J. King Senior, Damien Seelbach.

You can frequently find Robert on base, walking to and from school since he lives within walking distance. He has no specific retirement date set. This humble math teacher loves to teach and like a fine wine, gets better over time.



This E.J. King High School math teacher has lived in Sasebo for 42 years. "Over the past 42 years, you can only imagine how E.J. King has changed," he said. (Photo by Lara Deguzman)

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST, Monday - Friday

**(800)-497-6261**

for Care of Sexual Assault Victims

**hotline**

The Center for Victims of Sexual Assault



# Fort McHenry surpasses one million pounds in relief aid

**LTJG Nathan T. Van Schaik**  
*USS Fort McHenry Public Affairs*

With the sun yet to rise Jan. 31, crewmembers aboard USS Fort McHenry (LSD 43) were busy making arrangements to send Humanitarian Assistance/Disaster Relief (HA/DR) supplies to victims of the Dec. 26 tsunami. It is much like any other day since Fort McHenry started moving supplies for Operation Unified Assistance, however, this day marks the amphibious dock-landing ship's delivery of more than one million pounds of relief supplies and equipment.

To date, Combined Support Force 536 (CSF-536) has delivered more than 21 million pounds of supplies and equipment. Fort McHenry alone has delivered over 450 pallets surpassing the one million pound mark. Fort McHenry delivered over two thousand pounds of supplies personally collected by communities within Fleet Activities Sasebo (CFAS) Jan. 30.

Coordination between the Navy and the Marine Corps woven with medical and dental staff, Beach Master unit One, a Seabees detachment, Marine Medium Helicopter Squadron 262 and Assault Craft Unit 5 has become a logistical and operational masterpiece.

"What makes this operation logistically unique is that with military operations we are usually given advance notice to start the logistics train required for sustained operations," said Fort McHenry Supply Officer, Lt. Tim Nicholls. "Unfortunately, our logistics train started cold with natural disasters."

All things considered, the U.S military forces making up CSF-536 has yet to be intimidated.

"The process of moving people and supplies is quite fascinating," said Ens. Peter Ruscitti. "We work like ants."

Many Fort McHenry Sailors have volunteered their time to go ashore and assist in offloading supplies for the Indonesian community.

"The total destruction is unreal," said



*An Operations Specialist First Class (SW) and a Gunners Mate (SW) Gene Carroll receive help from Indonesian locals loading humanitarian supplies on a CH-46E helicopter. USS Fort McHenry (LSD 43) is currently taking part in Operation Unified Assistance in Southeast Asia. (Official U.S. Navy Photo by J03 David J. Ham)*

Operations Specialist First Class Michael Myers, who volunteered to go ashore. "It's hard to put into words how it looks. Mother Nature, with all her graces can be dangerous, but people do get a chance to rebuild."

Gunners Mate Second Class Gene Carroll summed up the volunteers' sentiment.

"To actually get my hands dirty and help the people means a great deal for me. It's not that much, but I will do whatever I can and if it makes a difference, I'll do it."

Delivering supplies to the tsunami victims is not an easy task. It takes many

people and many hours to move these supplies in the numbers needed.

Fort McHenry first receives HA/DR supplies from nearby Unites States supply ships. Navy helicopters transport

pallets of supplies from the supply ship to the flight deck of the Fort McHenry in what is called a Vertical Replenishment (VERTREP). The helicopter hovers over pallets on the supply ship's deck. There, a Sailor connects the pallet with a chord and the chopper flies it over to the Fort McHenry's deck where another Sailor awaits to unhook it. The process is repeated and can take upwards of two hours to complete.

VERTREPs are typically conducted on a daily basis.

The pallets of HA/DR supplies are then immediately fork lifted from the flight deck to the boat deck where they are positioned near the ship's 60-ton crane. From there, crane operators hoist the pallets down deep within the well deck where three Landing Crafts Air Cushion (LCACs) await their on load. The pallets are then fork lifted onto the LCACs which are then ready for beach delivery.

Prior to LCAC operators landing their craft on the beach, a BMU must first clear the beach of debris and establish beach markers. Once a Craft Landing Zone

(CLZ) has been established, CLZ teams coordinate the offloading and on loading of equipment, supplies, and personnel from the LCAC both to and from the ship," described Lt. j.g. George Baldwin, Officer-in-Charge (OIC) of BMU 1, Detachment Delta

Supplies are then handed over to the Indonesian armed forces known as the Tentara Nasional Indonesia (TNI) for distribution. Marine Corps Lt. Col. Chris Isham, TNI Liaison Officer, has worked alongside TNI operational staff for HA/DR supply delivery. Additionally, Isham assisted such Non-Governmental Groups (NGO) as the World Food Program (WFP) and United Nations High Commissioner for Refugees (UNHCR). "Coordination with all organizations could only occur with TNI approval," said Isham. "We helped construct warehouses that were owned by the WFP and UNHCR." Constructing these warehouses enabled these organizations to store food for easier distribution by the TNI.

Meanwhile, the Marine Medium Helicopter Squadron – 262, commonly know as the Flying Tigers, embarked on the Fort McHenry, delivered key personnel ashore. Amongst these personnel delivered by the CH-46D helicopters include medical and dental staff of the Third Force Service Support Group stationed out of Okinawa, Japan.

The medical detachment provided medical and dental care to the citizens of Meulaboh for three days. The detachment worked in Meulobah hospital emergency rooms and dental clinics. In Calang, the Third Dental Battalion provided dental care to the villagers over a six-day period. In all, medical care was provided to nearly 100 people and dental care was provided to more than 50.

Fort McHenry is a dock landing ship deployed to Sasebo, Japan as part of the Essex Amphibious Ready Group.

# Tsunami, earthquake victims appreciate CFAS donations

**LTJG Nathan T. Van Schaik**  
*USS Fort McHenry Public Affairs*

When a catastrophic earthquake and subsequent tsunamis struck parts of Indonesia on December 26, 2004, millions were left hopeless. U.S. Armed Forces quickly offered assistance. But the U.S. Navy and Marine Corps found itself in a unique position to be especially helpful in offering disaster relief. With Indonesian governmental restrictions on air space and ground elements, there was little the Army and Air Force could offer. The Navy and Marine Corps, however, had the capability of floating off the coast in order to maintain what Col. Tom Greenwood, commander of the 15th Marine Expeditionary Unit, has coined as a "minimal footprint."

To date, Combined Support Force-536 (CSF-536) has delivered nearly nine million pounds of Humanitarian assistance / disaster relief (HA/DR) supplies. Over the course of several weeks, USS Fort McHenry (LSD 43) alone has delivered over 1.2 million pounds of those HA/DR supplies to the shores of Sumatra. Supplies have included bottled water and food items. Additionally, medical care was provided to 97 people and dental care was provided to 58.

But Jan. 28 marked a particularly special day for the victims. On Saturday, crews from the Fort McHenry delivered over two thousand pounds of supplies personally collected by communities within Fleet Activities Sasebo (CFAS). Included on that list were recreational items, shoes, and clothes. Fort McHenry Sailors volunteered their time to go ashore to distribute the items.

Upon delivering CFAS's contributions as a volunteer on the beach, Gunner's Mate Second Class Gene Carroll had this to say: "Just seeing the smiles on everybody's face tells you that even though these people went through a horrific event like this, there is still hope." Of the thousands of people wiped out in a land vanquished by disaster, smiles alone suggest success no matter how small a contribution. Operations Specialist First Class Michael Meyers noted, "As much food and clothing no matter how small hopefully helps them out to get back on their feet."

Electrician's Mate Third Class Christian Francis mentioned that, "What was once a vibrant area has been totally destroyed."

Despite Mother Nature's fury, CFAS donations have reached the victims and have been accepted

and appreciated. On behalf of the Indonesian natives, we thank you CFAS.



*This Operations Specialist First Class (SW) distributes candy donated by CFAS to Sumatran children donated by CFAS. Meyers was just one volunteer out of a handful of Sailors who donated their time to go ashore to assist in the disaster relief. (Official U.S. Navy Photo by JO3 David J. Ham)*



Make your reservations now for the awesome Harbor View Club Valentine's Day Dinner special scheduled for Saturday, Feb. 12. The impressive menu features pan-seared sea scallops with zucchini and thyme sauce, cream of tomato with smoked bacon, grilled Norwegian salmon with chives, grapefruit sorbet, roast fillet of beef with Béarnaise sauce, Caesar salad with shaved Parmesan, a delightful selection of chef's pastry specialties and Wolfgang Puck's dark roast gourmet coffee. Champagne and wine are also included in the special price of only \$29.95 per person. Live music featuring soloist Jim Burke will be provided throughout the evening. Doors open at 5:30 p.m. with dinner served promptly at 6 p.m. For reservations or more information, call 252-3965.

Pieces of a Dream is scheduled to perform live in concert at Galaxies on Saturday, Feb. 12. The free performance is scheduled to begin at 8 p.m. Be sure to bring your friends and enjoy a relaxing, fun-filled evening of fine entertainment. For more information, call 252-2980.

Live entertainment returns to the Galaxies with the Carson Downey Band on Thursday, Feb. 17. The free performance gets underway at 8 p.m. Remember to bring along a designated driver and enter to win fabulous prizes. Designated drivers can enjoy free fountain beverages all night long. Be sure to let a duty manager know you have a designated driver in your group. For more information, call 252-2980.

Teens 13-17 or currently enrolled in grades seven through 12 are eligible to participate in Pizza Night, Friday, Feb. 18 at the Main Base and Harjo Teen Centers. You can eat all the pizza you want for only \$1.50 per slice. Play your favorite video game, try your skill at the pool table or just jam with friends. Be sure to register

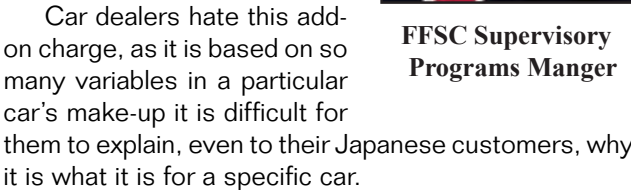
Pre-Teens 10-12 are invited to attend a free Movie Night on Friday, Feb. 18 from 5 to 8 p.m. at either the Main Base or Hario Pre-Teen Center. Pre-Teens can request any available G or PG rated movie prior to viewing day. Pre-Teens who were born during the month of February can celebrate their birthday with friends at either the Main Base or Hario Teen Center on Saturday, Feb. 26 from 5 to 7 p.m. Free cake and ice cream will be served. For more information about Movie Night or Birthday Party events, call 252-2908 or 252-8968.

Authorized patrons are welcome to enjoy live comedy with Toby Hixx and Olivia Allen-Arrington on Tuesday, Feb. 22 at the Galaxies. Mrs. Arrington is a fitting form of address for the third-grade teacher and mother of three, who on weekends steps out on-stage and lets loose, no holds barred. Comedian Hixx holds nothing back either, so sit back with your friends and enjoy these two outstanding veteran performers. The free performance is scheduled to begin promptly at 8 p.m. Material may not be suited for younger audiences. For more information, call 252-2980.

All SOFA-sponsored spouses are invited to join a newly formed Spouse Bowling League at the Spare Time Recreation Center every Wednesday morning from 10 a.m. until noon starting Wednesday, March 2. Sign-ups for the 8-week league will be accepted beginning Monday, Feb. 14. The cost, including 3 games of bowling and shoe rental, is only \$10 per bowler. The Bowling Center staff will be responsible for all secretarial duties and will administer the league, although a committee of bowling participants will be selected to manage prize distribution and plan and coordinate the league banquet. Parents are welcome to bring along their children during league play. For more information, call 252-3634.

Remember, Nimitz Park will be closed to vehicle traffic until Monday, March 21, 2005, in order to pave all roads and parking areas in the park. The park will remain open to pedestrian traffic. For more information, call 252-3472.

In recognition of the tremendous costs incurred in disposing of scrap vehicles, with newer vehicles containing a broad range of hazardous or particularly difficult to deal with space age materials – the Government of Japan has now levied a one-time 'Recycling Fee', which is to be paid the first time a vehicle is registered from the first day of January, 2005, forward. The one-time nature of this fee is good, as any future re-registrations, transfers, or other transactions with that same vehicle will be free of this charge, but it may be construed as a bogus charge if you're not aware of its existence.



The car's weight, presence of air conditioning, whether the a/c is a Freon system or not, air bags, etc. all must be calculated into the mix to determine what its recycling fee will be. An example would be a Toyota Windom with air bags and a newer a/c system. The shredder fee for the car is ¥8,300, the air bag fee is ¥1,800, the air conditioner fee is ¥2,050, with administrative costs of ¥610, for a total of ¥12,700 in recycling fees required.

Between the cost of buying a vehicle, the payment of all taxes and fees, the registration costs, insurance premiums, skyrocketing gasoline prices and maintenance and upkeep fees, one would think that great numbers of people would simply decide that owning a car was too expensive and turn to public transportation as their mode of getting from one place to another. But, not we Americans! We are addicted to driving. The painful withdrawal symptoms suffered when we are without a car for brief days or weeks literally 'drive' us to the purchase of a fix. The costs may be perceived as preposterous, but we so desperately crave the simultaneous calming effects of vehicle ownership, and the adrenaline rush of mobility it provides, the monetary costs are ignored.

Bottom line is, when you go to renew your car registration or are haggling over the purchase of another vehicle, don't be surprised with the additional fee, equivalent to \$100-200, that is added to that equation. But, once you've paid it, it becomes another selling point when you're ready to let that car go - the one-time recycling fee has already been paid.



# Schedule for February 11-20

## SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie Schedule is  
subject to change  
without notice.

FRIDAY, FEBRUARY 11	SATURDAY, FEBRUARY 12	SUNDAY, FEBRUARY 13	MONDAY, FEBRUARY 14	TUESDAY, FEBRUARY 15	WEDNESDAY, FEBRUARY 16	THURSDAY, FEBRUARY 17	FRIDAY, FEBRUARY 18	SATURDAY, FEBRUARY 19	SUNDAY, FEBRUARY 20
<p>5 p.m. 000 Lemony Snicket's: A Series of Unfortunate Events</p> <p>7:30 p.m. 00-10 *Million Dollar Baby</p> <p>10 p.m. 00-10 The Flight of the Phoenix</p>	<p>2 p.m. 000 Fat Albert</p> <p>5 p.m. 00-10 Meet the Fockers</p> <p>7:30 p.m. 00-10 Million Dollar Baby</p> <p>10 p.m. 00-10 Phantom of the Opera</p>	<p>2 p.m. 000 Shark Tale</p> <p>5:30 p.m. 00-10 Spanglish</p> <p>8:30 p.m. 00-10 Ocean's Twelve</p>	<p>6 p.m. 00-10 Fat Albert</p> <p>8:30 p.m. 00-10 Million Dollar Baby</p>	<p>6 p.m. 00 Blade: Trinity</p> <p>8:30 p.m. 00-10 Ocean's Twelve</p>	<p>6 p.m. 00-10 The Flight of the Phoenix</p> <p>8:30 p.m. 00-10 Million Dollar Baby</p>	<p>6 p.m. 00 Blade: Trinity</p> <p>8:30 p.m. 00-10 Ocean's Twelve</p>	<p>5 p.m. 000 Fat Albert</p> <p>7 p.m. 00-10 Spanglish</p> <p>10 p.m. 00 *The Life Aquatic with Steve Zissou</p>	<p>2 p.m. 000 Shark Tale</p> <p>5 p.m. 00-10 Meet the Fockers</p> <p>7:30 p.m. 00-10 Spanglish</p> <p>10 p.m. 00 The Life Aquatic with Steve Zissou</p>	<p>2 p.m. 000 Lemony Snicket's: A Series of Unfortunate Events</p> <p>5:30 p.m. 00-10 Ocean's Twelve</p> <p>8:30 p.m. 00 The Life Aquatic with Steve Zissou</p>

## HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, FEBRUARY 11	SATURDAY, FEBRUARY 12	SUNDAY, FEBRUARY 13	MONDAY, FEBRUARY 14	TUESDAY, FEBRUARY 15	WEDNESDAY, FEBRUARY 16	THURSDAY, FEBRUARY 17	FRIDAY, FEBRUARY 18	SATURDAY, FEBRUARY 19	SUNDAY, FEBRUARY 20
<p>6:30 p.m. 00 Shark Tale</p> <p>9 p.m. 00-10 Spanglish</p>	<p>2 p.m. 000 Lemony Snicket's: A Series of Unfortunate Events</p> <p>6:30 p.m. 00-10 Spanglish</p> <p>9 p.m. 00 Blade: Trinity</p>	<p>2 p.m. 000 Fat Albert</p> <p>6:30 p.m. 00 Blade: Trinity</p>	<p><b>NO MOVIES SCHEDULED</b></p>	<p><b>NO MOVIES SCHEDULED</b></p>	<p><b>NO MOVIES SCHEDULED</b></p>	<p>6:30 p.m. 00-10 The Flight of the Phoenix</p> <p>No scooters, skateboards, rollers or bicycles allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.</p>	<p>6:30 p.m. 00 Lemony Snicket's: A Series of Unfortunate Events</p> <p>9 p.m. 00-10 Million Dollar Baby</p>	<p>2 p.m. 000 Fat Albert</p> <p>6:30 p.m. 00-10 The Flight of the Phoenix</p> <p>9 p.m. 00-10 Million Dollar Baby</p>	<p>2 p.m. 000 Shark Tale</p> <p>6:30 p.m. 00-10 The Flight of the Phoenix</p>

**MILLION DOLLAR BABY (PG-13)**  
Starring: Mel Gibson, Gail O'Grady, Morgan Freeman, Jay Roach and Christine Cox  
In the wake of a painful estrangement from his daughter, boxing trainer Frankie Dunn has been unwilling to let himself get close to anyone for a very long time. . . then Maggie Fitzgerald walks into his gym. In a life of constant struggle, Maggie's broken herself this far on raw talent, unshakable focus and a tremendous force of will. But more than anything, she wants someone to believe in her.

**BLADE: TRINITY (R)**  
Starring: Wesley Snipes, Kris Kristofferson, Ryan Reynolds, Jessica Biel and Parker Posey  
For years, Blade has fought against the vampires in the cover of night. The world above is unaware of the brutal ongoing war. But now, after falling into the crosshairs of the FBI, he is forced out into the daylight where he is driven to join forces with a clan of human vampire hunters he never knew existed - the Nightstalkers. Together with Abigail and Hernandez (two highly trained Nightstalkers), Blade follows a trail of blood to an ancient creature that is hunting him.

**THE FLIGHT OF THE PHOENIX (PG-13)**  
Starring: Simon Baker, Giovanni Ricci, Sherry Cole, Hugh Laurie and Jesse Radabaugh  
When a C-119 cargo plane (full of oil workers) crashes in Mongolia's Gobi Desert, the survivors attempt to build a new plane from the parts they find in the wreckage to escape. The plane was piloted by Captain Frank Towers, whose job it was to go to remote oil rigs and shut them down when their productivity has decreased. Having accomplished his job with one such rig, his plane crashes with all of the employees aboard on the way back to Beijing.

**SPANGISH (PG-13)**  
Starring: Adam Carolla, Sandra Bullock, Pac Yago, Carlos Lacort and Ian Lloyd  
Cultures collide as Flor (a beautiful Mexican woman) and her twelve-year-old daughter move in with an affluent Los Angeles family. Of all the honors Flor imagined about this new culture, she never fathomed the pest of being truly embraced by an upscale American family.

**Premiere Feature**  
**THE LIFE AQUATIC WITH STEVE ZISSOU • Rated R**  
Starring: Bill Murray, Owen Wilson, Angelica Huston, Cate Blanchett and Willem Dafoe  
Internationally famous oceanographer, Steve Zissou, and his crew set sail on an expedition to hunt down the mysterious, elusive and possibly non-existent Jaguar Shark that killed Zissou's partner during the documentary filming of their latest adventure. A young airline co-pilot who may or may not be Zissou's son joins them.



**MILITARY.COM**  
**SPOUSE SURVEY**  
on licensing and certification issues

<http://www.military.com/survey/spouse>

Data collected will assist  
spouses with licenses/certifications  
in their future employment.





# Amphibious Group One assumes command of Naval Forces, Combined Support Force

Released by CTF-76 Public Affairs

Commander, (CPG1) Rear Adm. Victor G. Guillory assumed command of Naval Forces, Combined Support Force-536 (CSF 536) Feb. 4.

CSF-536, currently made up of about 5,000 U.S. servicemembers afloat and ashore, is the support force supervising Operation Unified Assistance (OUA). OUA is the relief operation supporting victims of the Dec. 26 tsunami in Southeast Asia.

Throughout the last six weeks, non-military organizations have steadily increased their share of the humanitarian assistance and disaster response activities. In contrast, support by U.S. military forces has steadily decreased, including the departure of the USS Abraham Lincoln (CVN 72) Carrier Strike Group. Among the remaining commands in the tsunami-afflicted Region are: Amphibious Squadron 11, USS Essex (LHD 2), USS Fort McHenry (LSD 43), Assault Craft Units One and Five, and detached Seabees from Naval Mobile Construction Battalion 40, all forward-deployed to Sasebo.

Despite the reduction of U.S. military forces in the region, Guillory said he is confident that the remaining capability and assets provided by the USS Essex, USS Fort McHenry and USNS Mercy would continue to sustain and meet the humanitarian relief needs identified by the government of Indonesia.

"The departure of Lincoln signifies the transition from immediate relief to the next stage of rebuilding and reconstruction," said Guillory. "U.S. forces will remain...until no longer needed and will ensure a seamless transition of relief operations to other organizations and the Indonesian government."

The USS Essex will remain in the area to serve as the Combined Support Force headquarters in commanding and controlling ongoing U.S. military relief and recovery operations.

"We will do everything we can to save lives and mitigate human suffering," said Guillory. "Our commitment to our friends in the region continues."

# Valentine's dinner at Oriental Gardens

JOSN Jeff Johnstone  
CFAS Public Affairs

Couples and singles alike can attend dinner with a romantic atmosphere at the Oriental Gardens Dining Room at the Harbor View Club on Saturday, Feb. 12.

The doors open at 5:30 p.m. and dinner will be served promptly at 6 p.m.

According to Kevin Dugan, Harbor View Club manager, there will be more than just delicious food on the menu. "There will be live music performed by Jim Burke. Mr. Burke plays jazz, light rock and modern rock."

"European lights, plants and candles will also promote a romantic atmosphere," added Dugan.

"This is an all hands dinner, regardless of rank", said Dugan. Spouses on base with loved ones at sea are encouraged to attend and treat themselves to the atmosphere, he added.

The menu was written and created by Assistant Club Manager Charles Yost and Chef Sasak. Yost has over 30 years of experience as a chef.

The evening will begin with champagne and live music.

Dugan encourages everyone to attend the dinner, regardless of 'status'.

"Bring friends or treat yourselves," he said. To make a reservation, or for more information, call the Harbor View Club at 252-3965.

# NEX's A-OK Student Reward Program offers college scholarships to students

Kristine M. Sturkie  
Navy Exchange Service Command Public Affairs

The Navy Exchange's (NEX) A-OK Student Reward Program will hold a drawing at the end of February to help four students pay for a college education.

Winners will receive a \$5,000, \$3,000, \$2,000 or \$1,000 U.S. Savings Bond, denominations at maturity. The deadline to register for the next drawings is the end of February, 2005.

"The A-OK Program was created in 1997 to reward students for getting good grades in school," said Mike Mongin, operations specialist at the NEX Service Command (NEXCOM). "We are proud to be able to help students fulfill their dreams of a higher education. It's just one more way the NEX supports the Navy Family."

Any eligible full-time student who has a 'B' grade point average equivalent or better, as determined by their school system, may enter the drawing. Eligible students include dependent children of active-duty military members, reservists and military retirees enrolled in first through twelfth grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

Students may bring a current report card to NEX to enter the drawings. After a NEX associate verifies the minimum grade average, students may fill out an entry card and obtain an A-OK ID, which entitles the holder to discount coupons for NEX products and services.

NEX VALENTINE'S DAY  
FLOWER SHOP SPECIALS

<b>3 Rose w/Baby's Breath</b> Bouquet: \$15 In-vase: \$17.50 Arrangement: \$27	<b>Special Balloon Bouquet</b> 12 Roses Bouquet w/ 2 Mylar balloons + 5 Latex Balloons: \$50
<b>Half Dozen Roses w/Baby's Breath</b> Bouquet: \$25 In-vase: \$27.50 Arrangement: \$42	<b>Order for local delivery by Feb. 10, 2005</b>
<b>One Dozen Roses w/ Baby's Breath</b> Bouquet: \$38 In-vase \$40.50 Arrangement: \$55	<b>Main Base: 252-3506 Hario: 252-8853</b>

# DoD Educational Activities schools held to a high standard

Amy Brennan  
E.J. King Correspondant

As you may or may not be aware, Department of Defense Educational Activities (DoDEA) schools do not fall under the No Child Left Behind Act (NCLB), but this does not mean that our schools are held to a lower standard by any means. In fact, our expectations are at least as demanding, if not more so, than those of NCLB.

NCLB is made up of the following four major goals: increase accountability for student performance, focus on what works, reduce bureaucracy and increase flexibility and empower parents.

DoDEA's Community Statagic Plan (CSP) Goal #1, Highest Student Achievement, states, "All students will meet or exceed challenging standards in academic content so that they are prepared for continuous learning and

productive citizenship." DoDEA schools currently participate in a variety of performance assessments, including the TERRA NOVA Assessment, National Assessment of Educational Progress (NAEP), and others, which will be administered beginning in March. All DoDEA schools work to continuously monitor progress and inform our communities about the achievements of our students.

In terms of focusing on what works, DoDDs Pacific is focusing on effective practices, and providing training opportunities to educators for those practices. Moreover, DoDDs Pacific has established an educational support office that provides professional development, technical assistance, and leadership training to enhance educational programs provided to students in our schools. This identifies effective programs, trains educators, and monitors implementation.

In an effort to reduce bureaucracy and increase flexibility, the director's office for DoDEA been working to empower area directors to customize the organizational structures of the area to meet their specific needs. DODDS Pacific also has resource management systems in place that provide the right people with the right information to make good decisions for the area. DoDEA's goal is to implement standards, but not mandate standardization.

The last NCLB goal is to empower parents. Under the Act, parents will have information about the quality of their child's school, and students in persistently low-performing schools will be given options. While DoDEA may not be able to offer parents much choice due to the locations of schools, DoDEA has established a partnership with International Distance Education of Alaska (IDEA) to support home schooling

options for families that desire an alternate to traditional public school programs. Additionally, School Advisory Committees (SACs) are well established at each school to regularly discuss issues and seek recommendations.

To provide feedback about DoDEA's programs, the annual survey is still available to all DoDEA families and students at <www.dodea.edu>. Also, feel free to contact any of the Sasebo schools to learn about SAC or Parent Teacher Organization (PTO) involvement.

\* \* \*

**The next E. J. King High School Parent Teacher Organization (PTO) meeting will be on Feb. 15 at 4:30 p.m. in the school cafeteria. Please come join, work together, get involved and help support E. J. King High School.**



P.A.W.S. pet rescue organization. If anyone desires a pet, please call Sandra Hornbeek at 090-5024-7139 or Itura Weber at 252-7322. Foster Families for pets waiting for a new family are needed. Donations of pet food, litter and money are always appreciated and may be left at Paws and Claws with Sandra.





Fleet Gym 252-3588

Hario Gym 252-8691

# CFAS celebrates Super Bowl at HVC

JOSN Jeff Johnstone  
CFAS Public Affairs

Eagles fans, Patriots fans, football fans and non-football fans alike all gathered at the Harbor View Club’s Sakata room to watch Super Bowl XXXIX on Monday, Feb. 7.

From opening kickoff, all eyes were on the big screen as the best teams in the NFC (Eagles) and AFC (Patriots) went at it in a game that wasn’t decided until the final minutes.

The Patriots held on to successfully defend their World Championship with a 24-21 victory at Alltell Stadium in Jacksonville, Fla. The game lived up to the hype, delivering a close, hard fought, and most importantly, entertaining game.

Eagles fans enjoyed seeing their team play in their first Super Bowl in 24 years.

“The drought has been too long, so it felt good to see the Eagles make it,” said fan Andre Pender.

Quentin Smith, a Pittsburgh Steelers fan, was pulling for the Patriots. “I’ve got to go with New England, they beat Pittsburgh in the AFC championship to get here”, he said.

“I’d rather see the Steelers playing in this game, but I still want to see the Eagles lose,” said Zeric Taylor, still another Steelers fan.

Patriots fans may have left happier, but a good time was had by all.



Fans get excited as a play goes in favor of the Philadelphia Eagles, during Super Bowl XXXIX. (Official U.S. Navy Photo by PH1(SW) Paul J. Phelps)

# Reminder: Powder Puff football at Nimitz Park

MWR Sports

On Saturday, Feb. 12, Morale, Welfare and Recreation (MWR) sports will have its inaugural Women’s Powder Puff Flag Football game at Nimitz Park. The two teams will consist of a Main Base and Hario team (women residing in the Cho will play for Main Base). Participants must be at least 18 years old, and SOFA sponsored.

Anyone interesting in playing should contact either the Fleet Fitness or Hario Fitness Center. The hope is to continue this every Super Bowl weekend for years to come! If we have enough interest, we can definitely play more games throughout the year.

Don’t be shy, even if you have never played a sport before, come out and have some fun! In keeping with Powder Puff tradition, MWR is also looking for men to come out and cheer for the ladies (costumes must be of appropriate taste)!

Immediately following the Powder Puff game, the Miami Dolphin Cheerleaders will perform a dance routine and then break into a Cheerleading camp for the Youth Cheerleading squad. All youth interested in cheerleading are encouraged to come out.

The Cheerleading routine and camp will start at 4:30 p.m., and will be performed at the Nimitz Park football field.

The Cheerleaders will end the show with an autograph session, and will immediately relocate to Galaxies Club for an additional autograph session.

## Sasebo Scoreboard

\* \* \*

### Flag Football Standings (as of Feb. 9, 2005)

Rank	Team	Win	Loss
1	Dragons	18	1
2	Hooligans	7	9
3	Guardian	6	4
4	Wolf Pack	4	5
5	Seabees	3	5
6	Fort Mac	2	6
7	Hitmen	2	12

### Winter Basketball Standings (as of Feb. 9, 2005)

Rank	Team	Win	Loss
1	Showtime	8	4
2	Outlaws	7	4
3	Wolfpack	3	2
4	Guardian	1	5

Alec Culpepper  
Fitness and Aquatics Director

People who participate in vigorous activities such as running are less likely to die of heart disease than those who take up less active sports. But even running isn’t a guarantee of lifelong insurance.

Here are other measures that’ll help keep your heart healthy.

**Hydrate:** Studies have shown that drinking five or more eight ounce glasses of water a day could help lower your risk of heart disease by up to 60 percent.

**Hit the treadmill:** Running outside on hot, hazy days can cut the oxygen in the blood, making it more

likely to clot.  
**Slim down:** Medicine & Science in Sport & Exercise reported that alternating speeds throughout your run helps you lose weight faster than running at an even pace.  
**Take a yoga class:** Mental stress is a contributing factor to heart disease. Researchers from Thomas Jefferson University found that meditation exercises can reduce anxiety by 25 percent.  
**Get regular rubdowns:** Massage also relieves stress, which keeps your blood pressure low.  
**Pump iron:** Lifting weights for 30 minutes a week can reduce your risk of heart disease by 23 percent.

## Upcoming Sports/Events

**Pound The Ground 6-on-6 Volleyball Tournament:** Sunday, Feb. 13. Team entries due to the Fleet Fitness Center Office by Wednesday, Feb. 9. Awards to top three teams, and MVP and Sportsmanship Awards. Play will begin at 9 a.m. For more information, call 252-3588.

**Floor Hockey Tournament:** Play begins Saturday, Feb. 19 in the Fleet Fitness Center. Team entries will be due to the Fleet Gym Office by Thursday, Feb. 17. Mandatory Coaches Meeting on Friday, Feb. 18 at 5:30pm in the Sports Office. Awards will go to top three teams. For more information, call 252-3588.

**Presidents' Cup Golf Tournament:** Monday, Feb. 21. Event will be held at Mikawachi Golf Course. A registration fee of \$5 is needed, and spots are limited so sign up as early as possible to reserve a spot. Tee times must be secured by Thursday, Feb. 17. For more information, call 252-3588

**Presidents' Day 5K Run/3K Walk:** Friday, Feb. 18.  
**Race will begin at 11:30 a.m. in front of the USO at Nimitz Park**  
**Pre-register at Fleet Fitness Center. Race Day sign-ups always welcomed.** Awards will be presented to the top finishers in each division (Youth, & Adult). For more information, call 252-2927/3588

## Eagles stop Tarheels, 20-14



CFAS Tarheels players drive the ball down the court during a fast break against the Sasebo Eagles Saturday, Feb. 5 at the Fleet Gym. The Eagles triumphed over the ‘Heels, 20-14 in youth intramural basketball at the Fleet Gym. The Eagles held off the Heels, who had a spirited second half comeback. (Official U.S. Navy Photo by JOSN Jeff Johnstone)